

SCHOOL POLICY AND PRACTICE TOOL

Physical Activity Elements

Section 1: Basic Information

Organization Name: Grove Public Schools

County: Pottawatomie

Lead Agency: GATEWAY TO PREVENTION AND RECOVERY, INC.

Section 2: Rating Scales

Policy Rating Scale

- 0 Language not included in policy
- 1 Partial or weak policy language
- 2 Complete and strong policy language
- 99 Not applicable

Practice Rating Scale

- 0 Not in practice
- 1 Partially in practice
- 2 Fully and completely in practice
- 99 Not applicable

Section 3: Element Ratings

1. The District will ensure that all students participate in a minimum of 60 minutes of physical activity each day, whether through physical education, exercise programs, after-school athletics, fitness breaks, recess classroom activities, or wellness and nutrition education.
2. The District will require schools to provide elementary school students (K-5) at least 20 minutes of recess each day (in addition to the physical education requirements).
3. The District will develop indoor recess guidelines to ensure elementary school students (K-5) can have adequate physical activity on days when recess must be held indoors.
4. The District will require schools with elementary school students (K-5) to hold recess before lunch, in order to increase food consumption, reduce waste, and improve classroom attentiveness when students return from lunch.
5. The District will require schools to provide all students short breaks (3-5 minutes) throughout the day to let them stretch, move around, and break up their time spent sitting. These physical activity breaks may take place during and/or between classroom time.
6. The District will require all schools to establish a comprehensive, standards-based PE curriculum for each grade.
7. Schools will ensure that PE classes and equipment afford all students an equal opportunity to participate in PE.
8. Elementary school students (K-5) will participate in at least 150 minutes of PE per week throughout the entire school year.
9. During PE, students will be given the opportunity to participate in many types of physical activity, including both cooperative and competitive games.
10. Students will engage in moderate to vigorous physical activity for more than 50% of the PE class time.

	Policy		Practice
	Center	Grantee	Grantee
1.	1	2	2
2.	1	2	2
3.	1	2	1
4.	1	2	1
5.	1	2	2
6.	2	2	0
7.	0	0	2
8.	1	0	2
9.	0	0	2
10.	1	2	2

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11. PE classes must have a teacher/student ratio comparable to core subject classroom size.	0	0	0
12. Teachers will receive training on how to integrate physical activity into the curriculum. Some portion of this training will be incorporated into annual professional development.	1	2	1
13. Schools will allow teachers the opportunity to participate in or lead physical activities throughout the school day.	1	1	2
14. PE classes will be taught by licensed teachers who are certified or endorsed to teach PE.	2	2	2
15. Physical activity will not be used or withheld as punishment. (This does not apply to participation on sports teams that have specific academic requirements.)	1	2	2
16. The District will provide a list of alternative ways for teachers and staff to discipline students.	0	0	0
17. The District will strongly encourage teachers to use physical activity (e.g., extra recess) as a reward.	0	0	2
18. The District will ensure the availability of proper equipment and facilities that meet safety standards and will conduct necessary inspections and repairs.	1	2	2
19. The District will encourage school staff, students, and their families to participate in physical activity outside of the school day.	1	2	2
20. The District will encourage children and their families to walk and bike to and from school.	0	0	0
21. The District will work with local officials to designate safe or preferred routes to school.	0	0	0
22. The District will promote National and International Walk and Bike to School Week/Day.	0	0	0
23. The District will provide bike racks.	0	0	2
24. The District will encourage parents to supervise groups of children who walk or bike together to and from school.	0	0	0

Section 4: Rating Summary

Comprehensiveness Score:	<u>58.3%</u>	<u>70.8%</u>
Strength Score:	<u>8.3%</u>	<u>58.3%</u>
Organization Classification:	<u>Starter</u>	

Section 5: Methods Used to Assess Organizational Practice (Select all that apply)

Observations
 Interviews
 Document Reviews
 Other: 0

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Section 6. Comments

As applicable, provide information that will help explain element ratings. Focus on elements rated as a 1.

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Provide an explanation for any element(s) that were rated as not applicable (99).

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